

DINNERLY



Feed A Crowd: Thai Veggie Curry

Same Meal Price, More Servings!



30 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 300g jasmine rice
- 1 onion
- 2 carrots
- 200g green beans
- 2 x 400g chickpeas
- 120g yellow curry paste
- 400ml coconut milk

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 1 tbs soy sauce ⁶
- 2 tsp sugar

TOOLS

- medium saucepan with lid
- large deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 630kcal, Fat 25.8g, Carbs 97.9g, Proteins 15.2g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **560ml (2½ cups) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 13 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



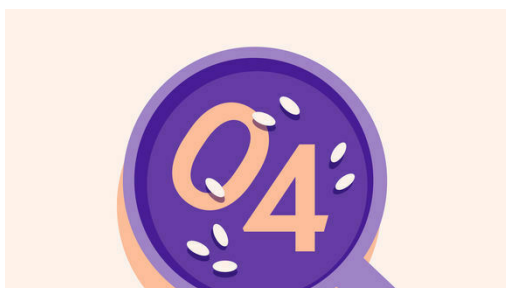
2. Prep ingredients

Meanwhile, thinly slice the **onion**. Peel the **carrots**, then halve lengthwise and thinly slice on an angle. Trim the **beans** and halve on an angle. Crush or finely chop **2 garlic cloves**. Drain and rinse the **chickpeas**.



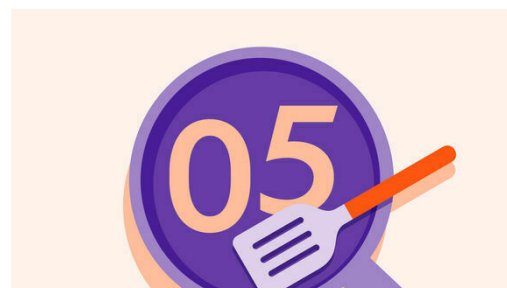
3. Soften veggies

Heat **1 tbs vegetable oil** in a large deep frypan over medium heat. Cook the **onion, carrot and garlic**, stirring occasionally, for 3-4 mins until the onion is softened. Add the **curry paste** (see Feed A Crowd) and cook, stirring, for 1 min or until fragrant.



4. Simmer curry

Add the **coconut milk, chickpeas** and **250ml (1 cup) water** to the veggies and bring to the boil. Reduce the heat to medium and cook, stirring occasionally, for 5 mins. Add the **beans, 1 tbs soy sauce** and **2 tsp sugar** and cook for a further 2 mins or until the beans are tender and the sauce is slightly thickened.



5. Serve up

Taste the curry, then season with **salt and pepper**. Remove the pan from the heat. Divide the **rice and curry** among bowls and enjoy!



6. Feed A Crowd

The curry paste contains chilli, so if you prefer less heat, adjust the amount to taste. Like your curries hot? Kick up the heat a notch or two with a scattering of chopped fresh chilli or dried chilli flakes.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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